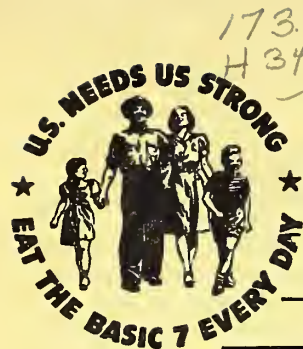


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IMPORTANT—PLEASE NOTE!

All requests for publications which nutrition committee members have been directing to the former WFA regional offices (New York City, Atlanta, Dallas, Chicago, or San Francisco) SHOULD NOW BE DIRECTED to: Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

CONTINUING AN EXCHANGE OF IDEAS

We fully appreciate and regret the handicap that most State Nutrition Committees face with the loss of the Executive Secretary's full-time service, travel funds, and the franking privilege. It will doubtless be difficult to assemble and summarize reports of county and local nutrition committee activities, and to send items for use in the Washington Nutrition News Letter under "Notes from the Field." It was announced at the recent five regional conferences of State Nutrition Chairmen that the News Letter would be continued for the present, especially as a means of exchanging ideas between the States. We hope, therefore, that each State Chairman will devise some means of getting information about nutrition committee activities to us each month. It would seem particularly worth while to have follow-up reports of institutes and workshops, dietary surveys, and other special projects which have been briefly mentioned in earlier issues. And it is equally important, if facilities allow, for the chairmen to send in reports of newly begun examples of coordinated wartime efforts on the nutrition front. Material received by or before the end of August will be useful for the October issue, which will go to press September 7.

SUGAR CUT FOR COMMERCIAL CANNING TOO

New OPA regulations covering sugar allowances this year for "industrial" users may be consoling to homemakers who are feeling the pinch on the home canning sugar allowance. Without giv-

ing the details of the new ruling which constitutes a cut in sugar for all types of commercial processing that require sugar, we call attention particularly to the commercial canning of fruit. Commercial packers of canned and bottled fruit are now required to use a more DILUTE sirup, even for their fancy packs which were formerly done in a heavy sirup.

NOTES FROM THE FIELD

NEW HAMPSHIRE—The State Nutrition Committee sponsored a School Lunch Institute, July 9-13, at the University of New Hampshire, Durham. During the 10 sessions of the institute, subjects that concern school lunch sponsors, managers, and workers were covered in talks, general discussions, through the showing of educational movies, and the preparation and serving of a typical, well-balanced school lunch. Highlights of the sessions were summarized the last day. Representatives of the various agencies that offer assistance on the school lunch program were on hand for consultation.

When the Belknap County and Laconia Nutrition Committees conducted a "One-Dish-Meal Recipe Contest," the Kiwanis Club offered \$3, \$2, and \$1 prizes for the three best recipes. The women who entered the contest were asked to submit simple recipes for one-dish meals that could be prepared in the school lunchroom, especially in the rural school where help and equipment are limited. The recipe was to contain ingredients easily obtainable in New Hampshire. It was to include a protein food (meat, poultry, cheese, fish, egg, beans, peas, or peanut butter); and a vegetable. Family-size recipes, to serve six persons, were suggested—so that homemakers could submit recipes which they had used in the home, and which school lunchroom managers could adapt for serving at school.

LOUISIANA—The State Nutrition Committee reports that a 4-day conference for School Lunch Supervisors was held in Baton Rouge, May 9-11. The State De-

partment of Health, State Department of Education, War Food Administration, and the Home Economics Department of Louisiana State University were the cooperating agencies. This was essentially a work conference with most of the time given over to committee consideration of such problems as sanitation, equipment, food preparation, and others. A detailed report of the conference, along with recommendations of those participating for the improvement of the school lunch program in Louisiana, was mimeographed for distribution.

MINNESOTA—The Mahnomen County Nutrition Committee reports the results of a food survey which was conducted in the schools of the county during American Education Week. A summary of the survey showed that of the 1,648 students who participated, 67 percent had one serving of a green or yellow vegetable daily (Group 1 of the Basic 7); 39 percent had an adequate supply of Group 2 foods; 94 percent had an adequate supply of Group 3; 86 percent had one serving of Group 4 foods daily; 85 percent had one serving daily of Group 5; 96 percent had one serving daily of Group 6, and 92 percent had one serving daily of Group 7 foods.

In an endeavor to correct the shortcomings of the dietary pattern which this survey revealed, the county nutrition committee planned a program of health education in all the schools of the county, in cooperation with the teachers. The committee provided copies of the Basic 7 food chart, and charts from commercial concerns for each rural school, for each grade in the town schools, and each home room in the high schools. One thousand copies of the National Wartime Food Guide were also used. It was recommended that at least one period a week be spent in discussing the need for a good diet, and that students be urged to eat adequate amounts of the right foods. Reports received so far from the schools indicate to the committee that a fairly good start has been made toward getting nutrition information to a large number of the homes in the county. In the fall a second survey will be made to find out more definitely just what has been accomplished in the way of improved diets for the boys and girls of school age in the county.

The Cook County Nutrition Committee participated in a county-wide program held in Grand Marais on May 18. A

garden pageant, nutrition and garden songs, a nutrition and vegetable play, and a nutrition talk were included in the day's program. The play included garden planning, production, and insect extermination. Seven vegetables and three insects were represented by persons in suitable costumes for the parts; both young and adult persons were "performers." A "farmer," his wife, a "Victory aide" consumer and her "son" had important roles. The songs and much of the play were original.

OKLAHOMA—Nineteen District representatives of the State Nutrition Committee met in Oklahoma City June 8 to discuss problems county nutrition committees are facing. These representatives act as liaison members between the State Committee and the county nutrition committees. They are home economists who do field work and are assigned to from two to five counties in their regular territory. The County Organization Subcommittee has completed a "Nutrition Handbook for District Representatives of Oklahoma State Nutrition Committee" for these field workers to use in connection with meetings of county committees. It contains some suggestions for assisting county nutrition committees to determine the nutritional status of the local population, suggested by-laws for county nutrition committees, a list of materials needed for a nutrition kit for the use of county chairmen and district representatives, and other valuable material.

The Haskell County Nutrition Committee has planned for 40 weeks of demonstrations to be held in the N. Y. A. building in Stigler. The room used for the demonstrations is equipped with comfortable chairs, where mothers, often with their children, come and rest. So far (June) seven Saturday afternoon demonstrations have been given by nutrition committee members.

Payne County Commissioners and the Mayor of Stillwater declared Saturday, April 28, as Nutrition Day. This proved to be an excellent example of the result of a well coordinated nutrition program. The daily press carried nutrition articles the previous week, written by Nutrition Committee members. Home economics students over the county made "nutrition tags." These were white tags, the size of a silver dollar, with a red seven in the center; a string for fastening was attached. Eating establishments used the small Basic 7 on menus, and all employees wore a "nutrition tag" for the

day. Grocery clerks also wore one of these tags. Booths were set up in six grocery stores where A & M College home economics students acted as consultants and distributed nutrition materials. Each person accepting the pamphlets was tagged.

The Health Department showed the films, "Kids Must Eat," "Modest Miracle," and "Food in Wartime," in the morning and afternoon. The agencies and organizations cooperating were: County Health Department; County Extension Service; A & M College home economics faculty; Vocational home economics teachers over the county; Farm Security; local gas company; county commissioners, and the Mayor. The towns of Yale, Perkins, Ripley, and Cushing cooperated in the program.

VERMONT—The State Nutrition Committee has for some time gotten various messages to the public by means of weekly newspaper space provided through the cooperation of the Green Mountain Power Corporation. These "Food for Victory" messages are set up in a "frame" like advertising copy, and are three columns wide and about a half-column long. A recent one in this series dealt with "Meals for Blood Donors." The subject was well covered in outline form, and in several sizes of bold type. Its content is easily understood by the lay person.

School children whose nutritional status was determined in the Bennington study (see April News Letter) were given individual reports on their hemoglobin test. This report was written across the top of a mimeographed page of practical information about "Rich Red Blood," which explained the meaning of the hemoglobin test and discussed briefly the foods that will help correct or prevent nutritional anemia.

OREGON—Realizing that meetings of the State Nutrition Committee were often too filled with pressing current problems to allow for adequate discussion of the committee's over-all program, May 15 was set aside for a "working" meeting. The entire day was spent discussing two main topics: (1) The job of the State Nutrition Committee; interpretation of functions; developing a definite workable program; (2) Review and analysis of the present committee organization.

NEW MEXICO—Eight lecture forums on "Rebuilding Better Health through Proper Nutrition" were held in the State between

June 11 and 16. They were under the direction of Dr. Michel Pijoan of the National Naval Medical Center, with the cooperation of the Office of Inter-American Affairs. Arrangements for the lecture forums were made by the chairman of the State Nutrition Committee, and by the chairman of the county nutrition committees in Albuquerque, Espanola, Santa Fe, Taos, Las Vegas, More, Santa Rosa, and Bernalillo where the forums were held. Topics covered were: Food production and preservation; nutrition in the home, considering available resources; the meaning of nutrition—basic concepts of the newer knowledge with application to our Southwest and to Latin America; and activities of the New Mexico State Nutrition Committee.

NORTH DAKOTA—A 1-day check of diets of school children in five counties in North Dakota was made at the request of the State School Lunch Committee. The survey was carried on through the joint efforts of the State Nutrition Committee and the Nutrition Committees in the five counties, with the cooperation of the County Superintendents of Schools. It was made for the purpose of getting a sampling of dietary habits which would be somewhat typical of the entire State. A standard form was used for recording the day's diet.

The children who participated in the survey were from all grades in rural schools and only sixth grades in town schools. It was recommended that the teachers have the children fill in the diet record for either Wednesday or Thursday as the diet on these days is probably the most typical of the week. The survey was conducted during the months of October and November 1944.

A bit of psychology was used in planning the standard form for filling in the diet record. It was called a "Memory Test." It was believed that if the children were told early in the day that later on they would have a memory test which would consist of remembering all of the foods that they had eaten the previous day, they would be more truthful and would not use their imagination in recording foods eaten.

A standard score sheet was set up for scoring the diets. The perfect score of 100 was gained if the diet consisted of four cups of milk, butter at every meal, two servings of fruits (one of which was raw), two servings of vegetables in addition to one serving of potatoes, one egg, one or more servings

of meat, cereal and bread at each meal, and six glasses of water. A score of 90-100 was rated a good diet, 80-85 Fair, 70-75 Poor, and below 70 Very Poor.

A total of 2,832 children participated in this survey. Of that number, 5 percent had good diets, 13 percent fair diets, 20 percent poor diets, and 62 percent very poor diets. Only 25 children out of the entire group had gone without breakfast. (This suggests that the "going-without-breakfast" habit may be more typical of the teen-age group than of grade children.) The inadequacies in the poor diets could not, then, be explained by skipping breakfast as most of the children in the survey had all three meals.

In checking the diet records it was found that 62 percent of the children had two or more cups of milk; 70 percent had butter at every meal; 16 percent had two vegetables while an additional 43 percent had one serving of vegetable; 82 percent had one or more servings of potatoes; 32 percent had one or more eggs; 30 percent had two fruits while an additional 39 percent had one serving of fruit; 87 percent had one or more servings of meat or substitute other than egg; 99 percent had adequate cereal or bread; and 46 percent had six glasses of water during the day.

In planning for use of the facts found through this survey, the State Nutrition Committee has decided that although the material will be valuable for promoting nutrition work throughout the State, definite follow-up work should be done in each of the five counties where the survey was made. The State Nutrition Committee has made some specific suggestions to the Nutrition Committees in each of the five counties regarding newspaper publicity, use of the findings in P. T. A. meetings, and with civic, social, and church organizations, using it to stimulate interest in more school lunch programs, and in other ways.

WYOMING—The Lovell Nutrition Committee was planning in May to build on its last summer's experience with an all-summer

project for the canning of food for the school lunch program. Last year, in order to give the committee some basis for deciding the amount of different kinds of food to can for the school lunches, the head cook totaled the quantity of various foods used during the school year. The town was then divided into nine sections, and a chairman was appointed for each section. She was responsible for obtaining food for canning from her section, and made home visits in the spring to get each family to plan to furnish a definite amount of specified foods. As the food was ready to be canned, each chairman was notified by the families whom she had visited; these section chairmen then notified the committee chairman and the canning supervisor. The canning was done in a community canning center, by volunteers from among those who provided the food. A total of 2,941 quarts of food was canned for the school lunch program, including corn, beans, beets, peas, rhubarb, apples, peaches, and apricots. Another result of this organized program was the donation of 3,100 pounds of fresh vegetables (carrots, cabbage, squash, onions, turnips, and potatoes) and apples for the school to store in a specially built "cave" for winter use.

Sincerely yours,



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